



## **Guacamole Pomegranate Dip (see video demonstration on [In the Kitchen](#) page)**

*1 pomegranate*

*2 ripe avocados, peeled and mashed*

*Juice of one lime*

*1 clove of garlic, chopped*

*1 tsp. cumin*

*½ onion, chopped fine*

*1 tsp. salt (kosher or sea salt recommended) to taste*

- 1. Cut pomegranate ends and break into water to release all arils. Strain with colander. Set arils aside.*
- 2. Peel avocados, remove pit, and mash. Put into bowl.*
- 3. “Juice” lime and add lime juice to avocados.*
- 4. Chop onion and garlic and add to mixture.*
- 5. Add cumin and salt, and mix together.*
- 6. Add arils of pomegranate last for a “jeweled” guacamole dip!*

### **Child Variation:**

*Before you add the red onion, divide up the bowl so you have a child bowl and an adult bowl. In the child bowl, substitute 1 mashed banana for the red onion.*

*This recipe is an adaptation of a recipe from POM:*

<http://www.pomwonderful.com/pomegranate-recipes/pomegranate-guacamole/#>

*Recipe courtesy of Bev Benda, LRD, BCC My Coach Bev Life and Wellness Coaching  
[www.mycoachbev.com](http://www.mycoachbev.com)*